

DO IT FOR A DAY

DAY 2 – TAKE THE STAIRS

*God **did not** lead them down the main road through Philistine territory, even though that was the shortest route to the Promised Land.*

Exodus 13:17, NLT

In 1987, a group of engineers, entrepreneurs, and earth scientists set out to build **an artificial ecosystem** in Oracle, Arizona. “**The Biosphere 2**. Designed as the ideal ecosystem for plant life to flourish, the climate-controlled environment included purified air, potable water, nutrient-rich soil, and natural light. Despite what appeared to be perfect conditions, a curious thing began to happen. The trees that were planted there grew to a certain height and then fell over. After racking their brains, the scientists were finally able to figure out what was missing. The biosphere lacked a vital component for growth”

“Dare you guess?”

In their natural habitat, the trees are buffeted by winds blowing in all directions. Trees respond to wind resistance, which makes the trunk grow stronger and the roots deeper.

Without adversity, the trees wither (atrophy).

Newsflash: Humans Do Too!

One of the mistakes we make as parents and as leaders is this: we do everything in our power to create **emotional, relational, and spiritual biospheres**.

We avoid conflict.

We mitigate the risk.

We minimize discomfort.

We sidestep the sacrifice.

Then we wonder why people grow to a certain height and then stop. We wonder why leaders fall. We wonder why friendships fizzle. Like seeds planted in rocky soil, they lack a root system that supports growth.

You don't have to go out and look for resistance.

It will find you soon enough! My advice? Don't look for a work-around; work through it.

“In fact, harder is better! Without that mindset, you won't make it to day 30.

When God led the Israelites out of Egypt, He didn't take a shortcut to the promised land.

Took the scenic route! Why? Because they weren't ready.

Big dreams make big people! – You have to learn the lesson, cultivate character and manage change.”

- “You will experience setbacks during this thirty-day challenge, but that is where you need to persevere and pray.
- When you encounter an obstacle, any obstacle, think of it as a resistance exercise.
- The days you don't feel like making decisions, God is building your emotional strength.
- The days when you feel like throwing in the towel, God is preparing you for something bigger, something better.

It does not matter if your name is Moses and you have come down from Mount Sinai with the stone tablets written by the finger of God; even so, you are going to experience resistance.”

Habit formation is as different as thinkers and emotional people, introverts and extroverts, goal setters and problem solvers. One way or another, habit-building starts with a growth mindset. **Receive resistance as a way to grow stronger.**

“Consider yourselves very happy when you have to face various trials.” James 1:2:

“HOW DO I MAKE IT A HABIT? → Take the stairs!

I mean that literally and figuratively. When you are faced with the option of the elevator and the stairs, decide beforehand to take the stairs. Why? “Harder is better.” The stairs and the elevator will take you to the same place, but you'll be in better shape having taken the stairs.

Climbing the ladder is all about adding more stamina,

“That is a growth mindset. It's the old axiom “no pain, no gain”. **This is how you make and break habits.** And harder is better.

Take the stairs!

Excerpt From Do It For A Day: How to Make or Break Any Habit in 30 days.–Mark Batterson